

**MULTIDIRECTIONAL  
INSTABILITY**



Post-op protocol for ***Daniel Myer, M.D.***

Sling Use:

Gunslinger or External Rotation Sling for 8 weeks

\*\*\*NO PT WEEKS 0-4

Phase I: (Passive)

Week 4-8

PROM

Phase II:  
(Active/Assistive)

Week 9-12

- No pendulums or terminal stretch
- Active range of motion to prescribed limits.
- Supine-Seated External Rotation - Full
- Supine-Seated Forward Elevation - Full
- Internal Rotation – Full
  - Gradually increase all three in the active program

Phase III:  
(Resisted)

Week 14-15

- Continue phase 2
- Begin resisted (terminal stretch and pendulums when indicated, e.g. if shoulder is **very** stiff)
- External and Internal Rotation
- Standing forward punch
- Seated rows
- Shoulder Shrugs
- Bicep Curls
- Bear Hugs

Weight Training:

Week 15

- Avoid anterior and posterior capsular stress.
- Keep hands within eyesight, Keep elbows bent.
- Minimize overhead activities  
(No Military press, pulldown behind head, or wide grip bench)

Return to  
activities:

Immediately

Computer, eating, holding a book, typing, writing

3-6 months

Cardio

6 months

Contact Sports

